



VOL II No. 5

Naval Regional Medical Center, Orlando, Florida

1 February 1980

Alcoholism seminar

Educates health care providers

By HMCM(SS) R. C. Clements, USN

A one-day Alcoholism Orientation Seminar was conducted on 1 February for the benefit of the entire NRMC Orlando staff. The professional expertise was provided by the Alcohol Rehabilitation Center, Jacksonville, NASAP and ARD facilitators at NTC Orlando. Approximately 300 staff members were able to attend.

Captain Zimble's opening remarks indicated the lack of awareness in the knowledge of alcoholism and the need to educate health care providers in all aspects of the alcoholic, co-alcoholic, and alcoholic abusers. He also emphasized the need to provide physicians with access to the two-week orientation courses at various ARS' and ARC's.

Commander C. A. Braga, MC, USN, the Chief of the Alcohol Rehabilitation Service, NRMC, Jacksonville, presented a very informative dialogue on the psychological aspects of alcoholism. Dr. Braga is additionally assigned as the medical officer at the ARC, Jacksonville.

Captain, J. B. Boorstin, MC, USN, our staff psychiatrist, followed with the medical aspects of alcoholism. Dr. Boorstin's presentation was oriented to early diagnosis, medico legal aspects of testing and statistical data relevant to numbers of alcoholics in different professions and particularly the incidence of alcoholism in the medical profession. Dr. Boorstin also indicated the need for early diagnosis, intervention and treatment.

A panel discussion moderated by Dr. Braga, presented the family relationship to the alcoholic, the spiritual needs of the alcoholic, and how psycho-therapy is affective in the treatment of alcoholism. Those participating were Kathy Burrell, Family Counselor, Yvonne Jagodinski, Psycho-Therapist, Commander N. E. Night, CHC, USN, and Captain Boorstin.

The afternoon session included a film, "Life, Death and Recovery of the Alcoholic," narrated by Captain J. Pursch, MC, USN. Captain Pursch had been invited to participate in the seminar; unfortunately, his schedule prevented him from attending. Nonetheless, his film provided the information and charisma which his presence would have afforded.

Commander L. M. Stevenson, USN, Commanding Officer, ARC, Jacksonville, presented the management of the alcoholic in the Navy, which starts with command interest, NASAP, ARD and ultimately referral to an ARC or ARS as the individual case indicates.

Lieutenant W. C. Hazlehurst, MSC, USN, ARC Psychologist, provided the psychological relationship to treating the alcoholic. Judy Leeper, NASAP Coordinator, discussed the functions of NASAP. Russ Weatherly gave an inspiring talk concerning direct confrontation with the alcoholic to make them aware of their problem.

(Continued on Page 7)

Our newest citizen

LCDR J. D. Cotelingam, MC, USNR, became NRMC Orlando's newest citizen on 13 December 1979. The ceremony was held at the Orlando Court House.

Dr. Cotelingam left his home in India and came to the United States in February 1973. He joined the Navy in December 1976 and arrived at NRMC Orlando, his first duty station, in February 1977.

Dr. Cotelingam is planning to make the Navy his career and is now applying for augmentation.

Whoooizzit???

DO YOU KNOW THIS STAFF MEMBER? (Answer on Page 8.)

Vital Signs staff

Editor:
HMCM(SS) R. C. Clements, USN
Managing Editor:
Mary V. Van den Heuvel
CDR N. J. Stewart, NC, USN
HM2 S. P. Foster, USN
HM3 E. Kehoe, USN

We're sorry you're leaving!

LCDR R. E. Baez, Jr., MC, to FMSS Camp Pendleton for further transfer to Third FSSG, FMFPAC, Okinawa

HM2 C. Hegdahl to NRMC Jacksonville
HM3 K. Kitterman to Aerospace Physiology Technician School, Brooks AFB
HM2 J. Knaup to 3rd Marine Air Wing
HM2 L. Cropper to Advanced HM School, Portsmouth
HM2 R. Stagni to Advanced HM School, Portsmouth
HN J. Fitzhugh to Physical and Occupational Therapy School, Ft Sam Houston
HM3 B. Schademan to civilian life
HM3 R. Lamb to civilian life
HR M. Brown to civilian life
HM3 S. Sherry to civilian life

Oops!..... we failed to give credit to the writer of our front page story in the January issue. Ensign Samuel P. Alford, MSC, USN, wrote the article entitled "Patient Contact Program."

VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publications and Printing Service Branch Office, Orlando, from appropriated funds.

Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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RAMP**PAGE!****HM3 Eileen Kehoe, USN**

Draft registration for women?



HN Beth Herman, Clinical Asst.,
NRMCA Annex: Why not?



Paul Sampson, Linen Room: They
shouldn't be drafted. I think
it should remain optional as
to whether or not they should
serve.



HN Richard Cockman, ESO: It's
a good idea for the ones who
are between 18 and 26 and are
not parents. The Russians do
it.... the Iranians do it.....



HM3 Eric Kaser, Dermatology: I
think if they want to stick to
their equal rights amendment,
they should be registered. They
have a built-in clause anyway
to get them out of the draft --
pregnancy.



Bill Baley, Food Management Svc:
I don't oppose it but I think
most women will. I don't think
they should be in combat but for
non-combat jobs, it would be
okay.



HN G. Mulligan, Ward 10: I think they
should be. If we want equal rights,
why not? Besides the military offers
lots of opportunities that they might
otherwise miss out on.



LAB LINE

By LCDR J. D. Cotelingam, MC, USNR

The Anatomic Pathology Section of the main Lab is both fortunate and privileged to have two highly skilled technicians: Ms Shirley Graham in Histopathology and Ms Carol Ryals in Cytology.



Shirley Graham

Shirley is a Histotechnologist and joined our staff three years ago from the Orlando Regional Medical Center. She lives in Orlando with her daughter, Conchita, and is the Vice Chair Person in the Civilian Recreation Association. Her hobbies include fishing, roller skating, and dancing.

Shirley works with surgical and necropsy tissue specimens, processing and preparing them through a complex mechanism for review by the Pathologist. She also assists with frozen sections received from the O.R., helping the Pathologist to cut and stain these vital specimens so that an accurate, rapid diagnosis can be established.



Carol Ryals

Carol is the most recent addition to our Anatomic Pathology Staff and joined us seven months ago from the Orlando Regional Medical Center. She lives in Longwood with her daughter, Lisa Jean, who is seven years old. Carol is interested in breeding Shelties for show, sewing, fishing and she also raises

Arabian horses. She is active in the Nativity Catholic Church in Lake Mary. In her capacity as a Cytotechnologist, Carol prepares and screens specimens for examination by the Pathologist. This entails staining and mounting PAP smears, as well as processing abnormal body fluids and sputum.



FEDERAL WOMEN'S PROGRAM

By Carolyn Smith, NRMC'S FWPM

Captain's Call

Captain's Call on 18 January for all civilian employees was very successful. It provided Captain Zimble with a forum to provide information on upcoming programs and to answer questions previously submitted.

The Fitness Program and access for personnel to participate was explained. A brief on the Alcoholism Orientation Seminar being sponsored by NRMC Orlando and conducted by the ARS/ARC Jacksonville on 1 February was presented.

Mrs. Witherspoon, Director, Civilian Personnel, made a presentation on the Factor Evaluation System to meet new standard format requirements for writing position descriptions.

Captain Zimble answered questions concerning the command Incentive Award Program, civilian lunch hours and NRMC Sports Program. The Incentive Award Program will be thoroughly reviewed to ensure equal consideration is given all civilian employees. Incentive Award recommendations are initiated by supervisors and recommended by the Chief of Service. Lunch periods for civilian personnel are granted at the discretion of the supervisor; however, lunch breaks should conform to Civil Service Regulations. Civilian employees are not authorized to participate in the NRMC Intramural Sports activities. This restriction is contained in current Special Services regulations. There are changes forthcoming to Special Services regulations and they will be promulgated when available.

Next month's In-House Program will feature Joe Sandoval, an Employee Relations/Development Specialist, as guest speaker. The meeting will be held on Tuesday, 12 February, at 1330 on Ward 17.

NURSING**SERVICE**

By CDR N. J. Stewart, MC, USN

COOPERATION

Cooperation among departments and among the staff making up the departments is essential to the smooth operation of any organization. A good example of a lack of cooperation is the story of the two jackasses who were tied together by a 20 foot rope. Two bales of hay were on the ground, one at each end of the field. The animals kept straining and tugging at each other, each trying to get to the bale of hay nearest him, until they finally collapsed and died of starvation. If either jackass had been willing to cooperate, they could have eaten both bales -- first one, then the other.

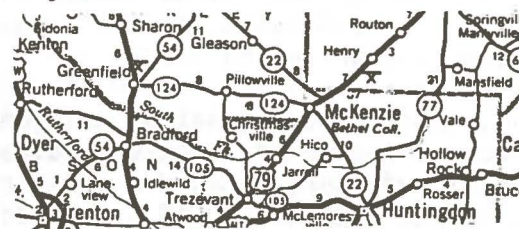
We are all here at NRMC for the same purpose regardless of the part we play in the organization. That purpose is the patient. It seems to be a quirk of human nature that other peoples' jobs look simpler and we are quick to criticize each other. The irony of it all is that the more talented others are, the easier their job looks. If you don't believe it, try watching a pro-tennis player or golfer and then try making some of those shots.

When we don't establish good working relationships, we only see the old proverbial "tip of the iceberg" in each other. The better, more mature, relationships expose more of the iceberg but we may never see all the problems, all the blood, sweat, and tears that lie submerged. But the more we see in each other, the more we become aware of and the better we understand the problems of each other's department. We've all worked hard to develop and polish our particular skills and everyone needs to be given credit for their accomplishments. It takes all kinds of temperaments, talents and abilities, working together harmoniously to stay on top in Patient Care. Each of us has a responsibility to establish working relationships with everyone

else in the command. It's alright to disagree but you don't have to be disagreeable.

There are a few who feel they are more important to the organization than others, but when I see this, a quote comes to mind: "Don't brag -- it isn't the whistle that pulls the train." Every single person in this organization is equally important to its' smooth operation.

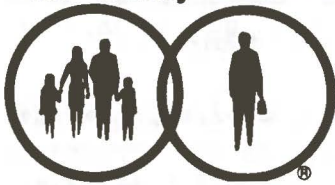
If we have fences built around our departments, let us tear them down and build a bigger one encasing us all. If we are bothered by tunnel vision, let's get it corrected. Let's make every effort to broaden our points of view and to understand the problems of others and NRMC Orlando as a whole.

What's your 10-20?**NASAP Program****Inviting volunteers**

The Navy Alcohol Safety Action Program conducts a week-long course, each and every week, designed to teach participants about alcohol use and abuse and geared toward problem prevention. People without alcohol related problems are encouraged to attend because their viewpoints will be of help in discussion groups.

The Program is open to all active duty personnel, civilian employees, dependents, and family members. In fact, anyone who desires to participate, can. NASAP has room for one or two NRMC staff members in each one week session. The course runs Monday through Friday from 0730 to 1630 and is accredited for 3.6 units of AMA continuing education. Anyone interested in attending or desiring further information, should contact LTJG Baker at X4383.

the Family Line



By CAPT C. Victor Romano, MC, USNR

Chaplain's
Comments

By CDR W. E. Tumblin, CHC, USN

RECRUITING AND RETENTION

For several years, I have been actively engaged in physician recruiting and have been closely involved with the Naval Recruiting Service. During the first week of February, I will be in New Orleans at the Naval Recruiting District and will be making presentations aimed at the recruitment of physicians, nurses and other medical specialties. When I think of recruiting and retention, I can't help but remember a marvelous article written by VADM G. M. Davis, MC, when he was the Surgeon General. Some of his thoughts are as follows:

"..... one of our greatest problems in attracting young prospective medical and dental officers toward a military career is the ineptitude of our senior medical or dental officers to communicate adequately to young professionals early in their active duty.

"Arbitrary rules, unreasonable attitudes, and failure to demonstrate leadership based on example, knowledge and performance are repeatedly cited by our young colleagues as turning them off. One cannot please everyone and I do not condone permissiveness, sloppiness, nor an undisciplined approach but whenever unpopular or controversial orders are issued, our senior leaders should be able to explain their necessity clearly.....

"The majority of our career corps are outstanding professionals. Yet, one poor example can taint the whole group, particularly if this example is in a leadership or key role of Navy identity. Once again, I urge senior officers to visit frequently the areas under their responsibility and get to personally know those working at all levels, civilian and

VALENTINE'S DAY - SHOW-AND-TELL TIME

Valentine's Day is show-and-tell time. I look forward to this day but I must confess I didn't always do so. When I was in the sixth grade (1951), I lived in Mobile, Alabama. I had moved there less than a year when Valentine's Day approached. I sorted through my mind as to what to write on the valentine I wanted to give to this one girl in my class. Her name was Jeanne. Dark hair, brown-eyed, she was a knockout. Dare I declare my feelings? My palms became sweaty as I picked up a pencil and wrote her name, followed by "Be my valentine." Then, the most anxiety-provoking part of all: I signed my name.

What made me so anxious? Psychologists call it "fear of rejection." I could not have articulated that as a 12 year old just becoming aware of feelings of attraction toward the opposite sex. But I was afraid Jeanne would frown or perhaps sneer upon reading my valentine. The thought was uncomfortable.

Fear of rejection prevents many of us from saying "I love you"; "I appreciate you"; and "I trust you." But when we receive clear signals that we are loved, appreciated, trusted, it is much easier to say those words. "There is no fear in love; but perfect love casts out fear....." "God is love..... we love Him, because He first loved us."

military. Indicate your willingness to discuss Navy medical matters. Everyone will benefit if such discussion is fostered with confidence, honesty and good faith. We have a great Medical Department. Let's sell it better."

Family Line "Quotes"

"You can be whatever you resolve to be."
Gen. Stonewall Jackson,
Army of the Confederacy



Master Shipwreck

HMCM(SS) R. C. Clements, USN

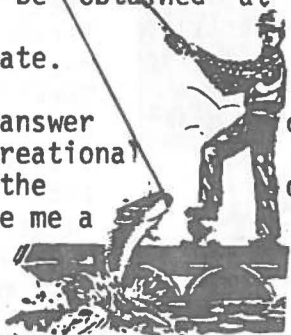
RECREATION

There are many types of recreation available in the Orlando area. Anything from intramural sports to off shore sport fishing.

NRMC has successfully competed in the NTC Captain's Cup Intramural Sports Program. We currently have 3 teams entered in the basketball competition. In the spring, we will have 2 slow pitch softball teams. Contact Captain Romano for further information. Next fall, we will enter the touch football league. The Hospital is also entered in the bowling league. Contact HMCS Templeton for information on bowling. Contact HMC Brown, at the NRMC Annex, for information about golf. Recreational Services at NTC has an assortment of discount cards and special tickets to various entertainment functions in the greater Orlando metropolitan area. The discount and special tickets are for admission to Disney World, Sea World, Busch Gardens, Cypress Gardens, Circus World, Stars Hall of Fame, Silver Springs, Weekiwachee, and the dinner theater. Call X5135 for additional information.

Fresh water fishing is excellent in Central Florida. The largemouth bass fishing is at its' peak during the months of February and March. Large bass are frequently caught in Lake Baldwin. Boats and bait may be obtained at the NTC Marina, just inside the Lakemont Gate.

If I can answer questions concerning recreational activities, drop by the office on Ward 15 or give me a call, X5973 or X5815.



Have a nice month, shipmates!!

... From the other side!

LT R. W. Black, MSC, USN

NRMC Annex column returns

There has been a pilot program established in Division 8 of Recruit Training Command. The program is called "The In Barracks Screening Program" and will run for eight weeks on a test basis. Chief Phillips is the independent duty HMC in charge of the program; HM3 Shaw and HN Smith are the two Clinical Assistants who are working with him. In essence, they have moved into Division 8 and opened a sick call for that division. They will take care of a population of 800-1000 men along with their health records. Stocking over-the-counter drugs, they will be able to screen and treat with minimal referrals to the hospital. During this eight week period, they will keep data such as the number of patients seen, number referred, length of time per visit, etc. After all the data has been compiled, LT Heltsley, our Administrative Resident, will "crunch" the numbers and times into a paper that, we hope, will be a very positive response of reducing waiting time for sick call, reducing training time lost for recruits and providing an increased quality of health care and record keeping. A big "ATTA BOY" to Chief Phillips, HM3 Shaw and HN Smith for getting all the gear together and being ready to go within three days after they were notified.

Alcoholism seminar (continued from page 1)

FTCS G. J. Gibbs, USN, the ARD Coordinator, discussed treatment available in the Orlando area. Captain "C." Victor Romano, MC, USNR, Chief, Family Practice Service, emphasized the importance of the physician in recognizing the alcoholic in the field of medicine.

The program was enthusiastically received by staff members and opened many eyes to information not formerly known by many who attended. The success of the seminar indicates a need for additional training in the future.



ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

I would like to use this column today to describe Petty Officer Ten Percent, or LCDR Ten Percent, or Ms. or Dr. Ten Percent. You all know him. He's the Ten Percent who never gets the word.

When instructions are written, he doesn't read them. When the POD is distributed, he didn't get one. When conferences or calls are convened, he could not attend.

He has a buddy with another nasty attribute almost as nonproductive to the organization. He's the guy that reads the information and attends the conferences, but he won't share. He doesn't pass the word. He's content to chuckle complacently to himself while others muddle along in profound ignorance.

Unless, of course, there's some delicious, though unfounded, rumor. Then both these fellows are quick to hear and spread the news (naturally without attempting to test its validity).

Oh, by the way, the use of the pronoun "he" in this article is merely an editorial license -- not a sexist attitude. Our friend, Ten Percent, is both sexes. He/she equally undermines the command's ability to perform its mission.

There are many communication media already extant at NRMC Orlando. Captain Case has recently suggested that I initiate one more: a "weekly reader" containing various published items of interest from many motley sources which find their way to my in-basket. The Weekly Reader will be routed to all chiefs of service. It's a terrific idea and will be soon implemented. I suggest you ask your chief of service to share that information with you.

Please understand, however, that no matter how many channels of communication are created, the job can't get done without communicators. Don't be a Mr. or Ms. Ten Percent.



CRA NOTES

By Joyce Sienia



CRA BIRTHDAY GREETINGS TO: Charles Bridger and Alice McElwee on 1 Feb; Paul Sampson on 2 Feb; Carolyn Green and Francille MacFarland on 3 Feb; Theodore Joyal on 4 Feb; Joseph Gathers and Barbara Polatz on 6 Feb; Glenda Strickland on 7 Feb; Clarence Johnson on 11 Feb; Mary Michalac on 14 Feb; Rose Fowler and Anthony Tabacco on 17 Feb; Marian McGlasson on 21 Feb; Pedro Marcial on 22 Feb; Dorothy Smith on 23 Feb; John Jacobs on 25 Feb; and Phyllis Burke on 27 Feb.

We're glad you're here!

LCDR S. J. Eastland, NC, from University of Kentucky
LCDR F. V. Ello, MC, from civilian status
ENS M. Leorza, MSC, from USS SPERRY

HMC K. Holland from NSHS Bethesda
HM1 F. Catcott from NRMC Great Lakes
HM2 M. A. Gribben from Sewells Branch Clinic, Norfolk
HM3 K. M. Schweinberg from USS OKLAHOMA CITY (CG-5)
HN G. F. Hauck from NavHosp Roosevelt Rds
HM3 R. Cruz from 1st MarDiv, FMFPAC, Camp Pendleton

Your 10 - 20? Tennessee. Travel Navy!

Whoooizzit?



....it's Joyce Dover, Secretary to the Director, Administrative Services and the Director of Clinical Services. Joyce came to work at the Naval Hospital in August 1969. She and her husband, Bryan, have one child: an 11 year old daughter, Angela Dawn. Joyce claims

Rome, Georgia, as her hometown.